

Day Program Questions

Response from ARC of Amador & Calaveras - Calaveras Site

1. What is the ratio of consumers to staff?

1:3.5

2. Does the program have a behavioral component?

No

3. Does the program have an education component?

Yes

4. Staff qualifications, such as fluent in Spanish, ASL, PECS, etc?

We have several bilingual staff (Spanish) w/ basic signing abilities and ability to use /train with pictorials/adaptive communication devices. We provide ongoing trainings at least one time a month. Recent trainings include - Ethics of touch; dealing w/ abuse and domestic violence, redirection, behavioral supports, asperger's-autism spectrum.

5. Is there medical staff on site?

No, however all staff have CPR and first-aid training.

6. Can the facility accommodate wheelchairs, diaper changing?

Yes

7. Does the program have an arts component, if so, which arts, music, dance, theater, crafts?

We have a choir; we do yoga, digital photography, and standard photography. We assist interested consumers to attend college art and voice classes @ Columbia College. This year there were 14 participants. We will be starting a drama class this fall.

8. Does the program have a sports component, if so, which sports?

We participate in Special Olympics - bowling and track and field. We have several professional coaches who volunteer their services to train participating athletes in addition to our staff. We assist consumers to attend adaptive PE @ Columbia College as well as attending Valley Springs Gym. We have training @ the gym 5 days a week for those who wish to attend. We also offer recreation (The Steppin' Out Program) on weekends and evenings.

9. How often do consumers have community outings - daily weekly, monthly, seldom, never?

Daily - training is community based whenever possible.

10. How often to consumer have overnight outings - monthly, quarterly, seldom, never?

We do not provide overnight outings.

11. How do program participants get to and from program?

Blue Mountain Transit, Calaveras Public Transit (CCT), several consumers live within walking distance.

12. Is public transportation used daily, weekly, monthly, seldom, never?

Daily - we provide mobility training to all points in Calaveras as well as Amador and Tuolumne Counties. Service has recently started to Lodi - we have begun training to that location as well as how to make transfers to Stockton.

13. Does the program offer supported employment?

Yes

14. Does the program offer work groups (enclaves)?

We have work crews through Day Program (not enclaves) as well as opportunities to receive training pay @ ARC ie peer mentor and office assistance.

15. Do the consumers do volunteer work through the program?

Yes, at Mark Twain Convalescent Hospital.

16. Does the program offer supported living training?

ARC offers this and is provided by whole Life Services.

17. Does the program offer supported or independent living assistance?

We provide training such as money management, cooking, laundry & home maintenance. We work closely with the independent living providers (WHS & VCPA) through the IPP process to assist consumers in giving skills needed to reach their goals of living on their own.

18. Can a consumer attend less than 35-40 hours per week? (Part time)

Yes

19. Does the program offer evening and/or weekend activities?

Yes, both through our recreation program and flexible hours of Day Program. Many classes are from 12:00 noon - 5:00 pm as well as occasional weekends.

20. Does program offer life skills training (money handling, traffic safety)?

Yes, day and evening cooking classes, mobility training DMV training (to obtain permit), money management, career development. Our "On Your Own" class explores all aspects of what living options are available and skills needed.

21. Do consumers have computer access? If so, for games? internet access?

We have recently expanded our computer lab. We offer college curriculum and on-line courses in WORD program. Digital photography, photo journaling, website development - consumers have created their own sites. We teach how to access information on the internet as well as how to be "cyber-safe". Consumers have their own newsletter - The ARC Informer". We also provide training for those who require adaptive or assistive technology. Computer classes are offered at all skill levels from beginner to college level. We have classes daily as well as evening to accommodate those who are employed. Skills such as resume writing, searching the web for job postings and computer assistant skills are all part of our curriculum.

22. Does program participate in Special Olympics?

We participate in Special Olympics - bowling and track and field. We have several professional coaches who volunteer their services to train participating athletes in addition to our staff.

23. Does program have own source of transportation?

Yes, we have 5 mini-vans as well as utilizing public transportation.

24. What are the regular program hours?

We have flexible hours depending on activity and consumer need/interest. For example; During some work crews start at 7:30 am or 8:00 am. We have 2 evening cooking classes 12:00 noon - 5:30 pm. There is one evening computer class. This month we had 3 weekend trainings - these activities are consumer directed with assistance they plan times/event - these have been excellent vehicles for social skills.

25. What other community resources/business are located around the program site?

Not completed.

26. What is the program's involvement in the self advocacy movement?

We provide a facilitator and transportation for our People First Chapter. The facilitator has been elected by the group and can be changed if they choose.

27. Does the agency employ people with developmental disabilities?

Not at this time - other than work crews through Day Program.

28. Info about the umbrella organization - how many programs, etc, is the agency private, for profit, or non-profit with a volunteer Board of Directors, is the agency local or headquartered in another area.

Non-profit with a volunteer board. Main office is in Sutter Creek - 75 Academy Drive

- Community Services (Day Program at 2 sites)
- Whole Life Services (Independent Living)
- Supported Employment
- Recreation

29. What are the typical demographics of your program?

Age - 30% 18-29

55% 30-54

15% over 55

Ethnicity reflects our rural county - 87% Caucasian

13% Hispanic or African American

30. How does the program view and relate to personal relationships between participants?

Healthy personal relationships are such an integral part of all of our lives(whether it be with one's spouse, significant other, friend, co-worker, or neighbor) that social skills, personal boundaries, healthy relations communication and sex education are an ongoing part of our program design and curriculum. Training is done in formal settings - ie. Classes both through program and whenever possible utilizing natural resources such as Operation Care, Women's Crisis Center, human Resources (HRC), local physicians and therapist. Health links, safety, self advocacy and personal choice are always stressed.